

DENTAL FACTOIDS



Brush your teeth twice a day with fluoride toothpaste.



Clean between your teeth daily with floss or an interdental cleaner.



Eat a balanced diet and limit between-meal snacks.



Visit your dentist regularly for professional cleanings and oral exams.



Ask your dentist about dental sealants, a protective plastic coating that can be applied to the chewing surfaces of the back of the teeth where decay often starts.

www.dhhs.ne.gov/dental/

Source: American Dental Association
www.ada.org

Department of Health & Human Services
DHHS
NEBRASKA

